



Consumers Can Help Prevent Harmful Medication Incidents

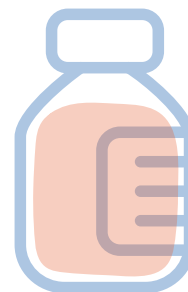
## SafeMedicationUse.ca Newsletter

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### Are You Taking Methadone? Tips to Help Stay Safe

Methadone is a medication used to help people with an addiction to opioids. It can also be used to treat severe pain. Methadone doses are carefully chosen for each person. Even small mistakes with a person's dose can cause serious harm.

In reports to Mederror.ca, consumers have described being given someone else's methadone dose at the pharmacy.



#### The following tips can help prevent harm when taking methadone:

- **Check the label:** When receiving methadone from the pharmacist, confirm that your name is on the container label and the dose is what you are expecting.
- **Check the taste:** If your dose tastes different from usual, tell your pharmacist right away. A different taste could mean there was a mistake with your medication dose.
- **Store methadone safely:** If you keep methadone at home, store it in a locked container or cupboard. Rinse the container well after taking your dose. Used containers can still contain enough medication to harm others. Talk to your pharmacist about proper disposal.
- **Share your care plan:** Talk to a trusted family member or friend about your treatment. Make sure they know how to recognize [signs of an opioid overdose](#) and what to do.

**Be Naloxone Ready:** Keep a naloxone kit at home and always carry a kit with you. Show trusted friends and family where to find your naloxone kit and how to use it. For more information on naloxone: <https://safemedicationuse.ca/newsletter/naloxone-kits.html>

For more information on methadone for opioid use disorder: <https://www.ismp-canada.org/download/OpioidStewardship/Methadone-Questions-EN.pdf>

This newsletter was developed in collaboration with Best Medicines Coalition and [Patients for Patient Safety Canada](#). Recommendations are shared with healthcare providers, through the [ISMP Canada Safety Bulletin](#), so that changes can be made together. This newsletter shares information about safe medication practices, is noncommercial, and is therefore exempt from Canadian anti-spam legislation.

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